

PROMISING & INNOVATIVE PRACTICES

Poster Session Abstracts

2007 Women's Health Policy Summit
May 24, 2007



**Building Multicultural Women's Health:
Setting an Agenda for Los Angeles**

*Convened by the
Los Angeles County Department of Public Health
Office of Women's Health
and Collaborating Organizations*

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Poster Session Abstracts**

*2007 Women's Health Policy Summit
May 24, 2007*

Building Multicultural Women's Health:
Setting an Agenda for Los Angeles

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Message from the Promising Practices Committee:

The 2007 Women's Health Policy Summit, "Building Multicultural Women's Health: Setting an Agenda for Los Angeles" was convened by the Office of Women's Health along with numerous collaborating organizations. The goal of the Summit is to identify the steps necessary to improve the health status of women, especially low-income women and women of color. Along with strategic presentations and discussions, key policy recommendations will be developed for improving women's health and decreasing the disparities that currently exist.

The Promising & Innovative Practices Poster Session, highlighted at the Summit, is intended to emphasize community-based and grassroots programs successfully addressing health disparities. This Poster Session emphasizes multicultural, multilingual examples of effective and innovative models, tools and programs which serve to improve the health and mental health of women and adolescents in Los Angeles County.

This compilation of the *Promising & Innovative Practices Poster Session Abstracts* brings attention and recognition to extraordinary programs and people who work everyday toward improving the well-being of women and girls. Although some of the programs may not have quantitative data, financial resources, or a formal evaluation, they are strongly supported by and successful for the communities served. The group of agencies and organizations represented here are walking the walk and making a difference in the community.

All participating programs have made a significant contribution in their target populations and have high potential for replication and/or adaptation to other settings. As you review the programs that have been selected, we hope you gain an understanding of each program's model and its impact on health disparities in the community.

For more information about the specific programs addressed in these abstracts, please contact the individuals listed with each program.

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Project/Program Title:

California Elder Care Initiative

Organization Name:

Association of African American Professionals, Inc.

Contact Person:

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Abstract:

In 2001, the Association of African American Professionals, Inc. (AAP) began hosting Community Conversations on Elder Care in Los Angeles, California. These meetings brought African American seniors face-to-face with service providers and policymakers, providing a platform for this vulnerable population to add its voice to the public policy debate. A year later, the California Endowment and the California Wellness Foundation recognized AAP's ability to engage seniors and funded what is now known as the California Elder Care Initiative (CECI). The CECI has a dual focus -- to make systems more responsive to the needs of older adults in underserved communities and to help these seniors make more informed choices about health care, safety concerns, financial management, housing options, community involvement and supporting the educational needs of young children in their care. The CECI has not been without barriers. The lack of central locations to host large forums in South Los Angeles County and limited funding due to the fact that the CECI is not a "direct service" has been challenging. Still, the CECI has been successful in carrying out its mission. The CECI has educated over 300 aging adults in California. Although the CECI is a statewide initiative, its current focus is in Los Angeles County. In this region, AAP staff has conducted policy briefings and public education forums for over 100 service providers, care-givers, policymakers and their staffs, community members and other professionals. The CECI has also been recognized by the California State Assembly for its work to bring aging adults into public policy discussions.

Project/Program Title:

Cambodian Women's Health Network

Organization Name:

United Cambodian Community, Inc. (UCC)

Contact Person:

Sara Pol-Lim, MS

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Abstract:

Cambodian Women's Health Network is the first women's health project within the Cambodian communities serving Los Angeles County. The Cambodian population in Los Angeles County is over 100,000 with a projected 60,000 in the concentrated area of Long Beach. Our goal is to close the disparities gap in health care access among low-income women. We understand that in Cambodian culture, women make decisions about health care issues in the household regardless of background. The Cambodian Women's Health Network aims to educate and outreach to at least 100 Cambodian women about access to health care, sensitive questions to ask health care professionals, and prevention information. Based on our community assessment through a previous outreach project to enhance awareness of the Susan G. Komen's breast cancer program, we learned that Cambodian women tended to be more reactive than proactive. Therefore, we must create focus groups to develop trust and an open line of communication in order to help women understand the benefits of prevention. At the same time, we feel that in order to successfully close the health care gap among ethnic minority women in the community we must partner with health care providers to implement culturally sensitive services such as language availability, explained health care history questions, acknowledgment of an individual's shyness and assurance of information confidentiality. We are confident that by providing the education and outreach to the community and partnering with health care providers we will succeed in eliminating health care disparities among Cambodian families in the greater Los Angeles areas.

Project/Program Title:

Drew University HIV/AIDS Education and Outreach Projects

Organization Name:

Charles R. Drew University of Medicine and Science, Department of Family Medicine

Contact Person:

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Abstract:

The Drew University HIV/AIDS Education and Outreach Projects have been implemented throughout Los Angeles County since 1984. The goals of the projects are to provide age, gender and ethnic specific culturally and linguistically appropriate HIV/AIDS-related education, testing, community outreach, and patient referrals targeting medically underserved at-risk ethnic minorities residing in Los Angeles County. The project operates under the auspices of the Department of Family Medicine of the Charles R. Drew University of Medicine and Science. Trained staff, who are bilingual and bicultural, utilize a medical mobile van which travels throughout Los Angeles County to provide free anonymous and/or confidential HIV antibody screening, counseling and referral services as well as STD screening and referral services targeting at risk medically underserved ethnic minorities. Trained staff also implement a Health Education Risk Reduction (HERR) curriculum at local community-based sites as well as at a local high school. The projects have had a tremendous impact in reaching thousands of medically underserved individuals over the past 16 years. Through its community mobilization efforts in ethnic minority communities, the projects work to reduce stigma and denial associated with HIV/AIDS. Working at the individual, group and community levels, the project's goals also include developing partnerships with the public and private sector to identify more effective strategies, through evidenced-based research, to combating the further spread of HIV/AIDS in affected communities.

Project/Program Title:

Health Outreach Initiative

Organization Name:

Downtown Women's Center

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Abstract:

Life on the streets of Skid Row is a daily struggle for survival – and for women, particularly those with health problems, that challenge is all the more acute. Access to health care remains a key barrier for homeless and very low-income women seeking to achieve self-sufficiency. A wide variety of challenges exist making it difficult for homeless women to access timely, quality health care, including a general lack of available services and a sense that they must often choose between health care and housing. The Downtown Women's Center – a nationally recognized model of effective services – launched our Health Outreach Initiative in 2003 to address this crisis and offer the women we serve the tools they need to access and effectively navigate the health care and social service systems in order to increase their healthy behavior choices and become their own advocates. Recognizing the complexity of the needs among the elderly, chronically ill, and mentally ill homeless, the Initiative acts to integrate both health and social services into individual care plans in order to provide a coordinated, comprehensive approach to meeting health care needs. Health Outreach Initiative services are brought directly to the women in need and include case management, outreach, advocacy, peer support groups, individual and group counseling, health prevention education workshops, and clinical screening and treatment services. All services are designed distinctly for homeless women and strive not only to foster health but overall well-being.

Project/Program Title:

Hospital-based Breastfeeding Peer Counselor Support Project

Organization Name:

South LA Health Projects, Los Angeles Biomedical Center at Harbor-UCLA Medical Center

Contact Person:

Deborah Myers, MS

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Abstract:

The Hospital-based Breastfeeding Peer Counselor Support Project, funded by First 5 LA, aims to narrow health care disparities by providing needed information and support to help mothers exclusively breastfeed, and to improve the capacity of hospital nurses to promote and support exclusive breastfeeding through education and systems change. Approximately 10,000 women largely low income Latina population who deliver their babies at four South LA hospitals are served each year by Peer Counselors. Peer Counselors are mothers with extensive personal breastfeeding experience who are drawn to the position by their desire to help other women and to make a difference in the community. Trained to provide accurate, practical and individualized education and support, Peer Counselors assist postpartum mothers at bedside and at early post-discharge telephone follow-up with breastfeeding education and support. The project has provided multiple training opportunities for nursing staff to participate in professional level breastfeeding education and foster their awareness. Two of the four hospitals have convened breastfeeding committees to identify and address their systems barriers to exclusive breastfeeding as well as become certified as Baby-Friendly Hospitals before the end of the decade. The project has catalyzed their efforts to provide a higher standard of care that helps mothers achieve their own feeding goals. The Hospital-based Breastfeeding Peer Counselor Support Project has made substantial gains toward the goal of promoting exclusive breastfeeding, however achieving fundamental and far-reaching change requires both direct service to mothers, and support to hospital staff to implement the evidence-based practices deemed effective by UNICEF, WHO and Baby-Friendly USA.

Project/Program Title:

"I Speak" cards: Are language identification cards effective for LEP patients?

Organization Name:

PALS for Health/ALAS para tu Salud

Contact Person:

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Abstract:

People with limited English proficiency face barriers in accessing health care. Understanding the need that limited English proficient (LEP) patients cannot articulate the need for interpretation assistance, PALS for Health developed the "I Speak" card to help LEP patients more easily request interpreters, remind providers of their obligations, and help providers identify the patient's spoken language. The card was distributed at workshops conducted by community-based organizations with the goal of bringing awareness of language rights to Armenian, Cambodian, Chinese, Japanese, Korean, Lao, Somali, Hispanic/Latino, Thai, Tongan, and Vietnamese communities living in Los Angeles, Orange, and San Diego counties. A survey, developed in partnership with a researcher from University of California, Irvine, was conducted two weeks after each participant used the "I Speak" card at a medical appointment. Evaluation results demonstrated the effectiveness of the card in helping patients request interpreters. However, LEP patients faced a host of issues beyond which the card alone could address: fear that requesting an interpreter may somehow jeopardize a patient's access to care, the lack of capacity of health care facilities to respond to interpreter requests and the issue of interpreter quality. The results of the PALS for Health "I Speak" card project and survey allowed for a recommendation of specific steps that must be considered when health care facilities and community based organizations decide to distribute the "I Speak" or other language identification cards to LEP patients.

Project/Program Title:

Increasing Awareness of Prenatal and Postpartum Depression

Organization Name:

LA Biomedical Research Institute/South Los Angeles Health Projects

Contact Person:

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Abstract:

The South Los Angeles Best Babies Collaborative (SLABBC) was established to improve birth outcomes for low-income women by strengthening linkages between community-based medical and social service providers. The objective of this educational campaign, scheduled to launch in Spring 2007, is to increase awareness of prenatal and postpartum depression among women and teens and provide information on mental health services available in the community. Collaborative partners worked closely with community members to identify the campaign focus and develop campaign messages and materials. Discussion groups (English and Spanish) with community members were held to ensure that the topic and medium selected for the campaign met the needs of the community. Feedback from the discussion groups was integrated into the final incentive item and message. Items to be distributed include a wallet/mirror with an inspirational message and an English/Spanish educational card providing simple, direct information about prenatal and post-partum depression with a referral telephone number. The incentive item and card will be provided to SLABBC case management and social support group clients, and distributed in the community. We may also liaise with and distribute via other service providers. We aim to help women and teens identify symptoms of depression and encourage them to openly discuss their feelings with family and/or health care providers and seek out and utilize appropriate mental health services. In addition, we hope to stimulate further attention to the issue among service providers in the community.

Project/Program Title:

Latino Outreach Cancer Program

Organization Name:

The Wellness Community Valley/Ventura

Contact Person:

Maria-Felix Ryan

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Abstract:

The Wellness Community Valley/Ventura is a national nonprofit organization whose mission is to help people with cancer and their loved ones enhance their health and well being by providing professional programs of emotional support, education and hope free of charge. Through participation in professionally led support groups, educational workshops and mind/body programs utilizing the Patient Active© concept, people affected by cancer learn coping skills that enable them to regain control, reduce isolation and restore hope regardless of the stage of disease. Most importantly, The Wellness Community provides a comfortable, home-like setting for people fighting cancer to connect with and learn from each other. The Latino Outreach Cancer Program (LOCP) enhances the health and well being of Latino cancer patients and their loved ones by providing linguistically and culturally competent programs. Additionally it promotes prevention through breast and prostate health and healthy lifestyle education, promotes early detection by facilitating cancer screenings, and helps Latinos with cancer navigate health and social service systems. Programs and services are provided in the west San Fernando Valley and throughout Ventura County. Its unique Aliados "allies in the fight for recovery" program, a Spanish-language volunteer group, was created to achieve cultural competency and is essential to LOCP. Aliados provide peer support and patient navigation, respond to the Spanish-language Helpline calls, and promote The Wellness Community's programs and cancer prevention/detection messages.

Project/Program Title:

Linking FDA Information to Multicultural Audiences in Los Angeles County

Organization Name:

U.S. Food and Drug Administration, Los Angeles District Office

Contact Person:

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Abstract:

FDA's Office of Women's Health (OWH) - Headquarters issues information and updates on foods, food labels, medications, medical devices and radiological products, cosmetics, vaccines, blood and tissue products. OWH also provides materials for educational campaigns about women's health concerns, including heart health, diabetes, osteoporosis, cancer screening (including mammography and Pap Tests), menopause/hormone treatment, and safe medication use. Additionally, the Headquarters Office supports research to develop sound policies and regulations to enhance women's health.

FDA Headquarters also supports some local initiatives and activities through a competitive intramural grant process. The Los Angeles District Public Affairs Specialists (PASs) have competed successfully to serve the diverse communities of Southern California in areas of Women's Health including Heart Disease Awareness, Diabetes, Medication Safety, Menopause, and Food Safety and Nutrition. The resources gained through these grants are small, but enable the PASs to partner with many local organizations to provide translations and field outreach programs, thus empowering those community members who face linguistic and/or cultural barriers to access this information. Through this work, FDA's Headquarters connects to local communities to ensure they are updated about priority health issues that can have serious health consequences. The work also extends to product recalls and warnings which impact particular communities. Press releases have been translated and/or ethnic media are notified so that the news can reach our diverse Southern California communities.

Project/Program Title:

Los Angeles County Healthy Weight for Women of Reproductive Age Action Learning Collaborative - Building local capacity to help women achieve healthy weight.

Organization Name:

Los Angeles County Department of Public Health, Maternal, Child and Adolescent Health Programs

Contact Person:

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Abstract:

The Los Angeles County Department of Public Health, Maternal, Child and Adolescent Programs has assembled a multi-disciplinary team to address the epidemic of obesity in women of reproductive age. Two out of every three women between the ages of 18 and 44 years are overweight, threatening their health and the health of their children. Our local collaborative is part of a national learning collaborative sponsored by the Centers for Disease Control (CDC), the American Society of Maternal Child Health Programs (AMCHP) and CityMatch (an association of Maternal and Child Health programs in urban settings). Los Angeles County is one of the eight pilot sites addressing healthy weight for women as a preconception health promotion strategy. The goals of the Los Angeles County Healthy Weight for Women of Reproductive Age Action Learning Collaborative (Collaborative) are to promote worksite wellness programs, develop messaging for the lay and medical community, support grass-roots policy change to improve access to healthy foods and opportunities for physical activity, and develop leadership skills for Collaborative members to influence community leaders, public health professionals, and medical providers. Supporting women to enter pregnancy at a healthy weight will hopefully decrease maternal and perinatal morbidity and mortality, and decrease pediatric obesity.

Project/Program Title:

Palomitas

Organization Name:

CHOICES

Contact Person:

Michelle Tonn

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Email: parachchoices@verizon.net**Abstract:**

Palomitas was an after school intervention program designed primarily for Latina adolescents. The focus of Palomitas was to encourage young Latinas to prioritize education, develop communication skills and to postpone sexual activity through comprehensive sex education. Palomitas was ten weeks long and met once a week after school for two hours. During this time the girls participated in a variety of group, individual and outdoor activities lead by the project coordinator, a health educator and an intern. Project staff strived to create an atmosphere that was safe and inviting to allow the girls an opportunity to express themselves openly. There were a total of 17 girls. All girls were in the 7th grade with a mean age of 12.5. The girls were selected by the school counselor because they were either on the brink of failing or had some type of behavioral issue such as truancy, bullying, drug use and/or premature sexual activity. Although most girls were referred because of grades, project staff found the behavior issues to be more of a concern. To assess the effectiveness of the Palomitas program, measures of self-efficacy and depression were conducted at baseline (T1) and again at the completion of the ten week program (T2). Participants were also given an exit questionnaire in which they gave written feedback of the program to provide project staff with qualitative data as well. The results of this program will serve as a basis to create more effective culturally competent intervention strategies that are applicable to Latinas.

Project/Program Title:

Probation-Prenatal Outreach Project (P-POP)

Organization Name:

Los Angeles County Department of Public Health, Maternal, Child and Adolescent Health Programs

Contact Person:

Cindy Chow, RN, MPH

Phone: (213) 639-6432

Email: cchow@ph.lacounty.gov**Abstract:**

Pregnant and incarcerated minors in Los Angeles County's (LAC) juvenile detention facilities are the highest risk mothers in our County. Many incarcerated minors have family histories of abuse, neglect, violence and drug abuse, and are at extremely high risk for poor birth outcomes, including disrupted bonding, transmission of sexually transmitted diseases to their newborns, and poor parenting skills. In 2005, a collaborative project between the Department of Public Health's (DPH) Prenatal Care Guidance program (PCG) and Juvenile Health Services (JHS), along with the Department of Probation allowed a Public Health Nurse (PHN) from the DPH-PCG program to work within the admitting Juvenile Halls to identify pregnant young minors and assist them access care and case management upon release. The cost for this service was partially matched using the Federal Financial Participation, Title XIX (Medicaid) funds. The PHN first worked to identify key stakeholders, and struggled initially to navigate within the fragmented detention system to identify and locate pregnant juveniles within their three separate detention facilities. After forming relationships with the JHS and Probation staff and learning the layout of the detention facilities, the PHN was able to begin assessing each pregnant minor in the detention system and provide intervention training and referral linkages to community based services for those who were being discharged. Since the Program began, the PCG PHN has identified 365 pregnant minors, assessed 68% (250) of them, and referred 50% (126) to case management programs upon discharge.

Project/Program Title:

Public Health Communication about Listeriosis in Response to an Increase in Human Cases

Organization Name:

Los Angeles County Department of Public Health, Acute Communicable Disease Control Program

Contact Person:

Ben Techagaiciyawanis, MPH, CHES

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Abstract:

Listeriosis is a bacterial food-borne illness that primarily affects pregnant women, newborns and immunocompromised adults. Tracking cases from August to November 2006, 17 human cases of listeriosis were reported to the Los Angeles County Department of Public Health, an increase from nine residents last year during this same time period. Of the 17 cases, seven were pregnant women including five of Hispanic descent. This was an increase from only one case in 2005 during the same time period. Two stillbirths were also reported among the infected pregnant women. In an effort to prevent further potential listeriosis cases, ACDC conducted various communication activities to promote awareness and education about listeriosis in the medical and at-risk communities of Los Angeles County. A health alert was sent to primary communication channels that included the LA County Public Health web site, 211 info line and e-mail/fax to public and medical provider networks. Its release generated diverse media coverage. Public Health took additional steps to form collaborative partnerships with Comprehensive Perinatal Service Program (CPSP) and Women, Infants and Children programs (WIC) in Los Angeles County for their assistance in distributing listeriosis education materials (posters and brochures) to pregnant mothers served by these programs. Over 50,000 print materials were distributed to these programs with the demand for additional materials from medical providers. Efforts continue to support service providers as public health advocates and educators in listeriosis education.

Project/Program Title:

The Right Response Project

Organization Name:

Peace Over Violence (formerly LACAAW)

Contact Person:

Cathy Friedman

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Email: cathy@peaceoverviolence.org

Abstract:

Peace Over Violence, formerly the Los Angeles Commission on Assaults Against Women, is committed to building healthy relationships, families and communities free from sexual, domestic and interpersonal violence. To that end, the organization implements a range of intervention and prevention programs, including the LA Rape and Battering Hotline, counseling and case management, legal advocacy and assistance, training for professional, community and youth populations, and community education campaigns. The Right Response project grew out of the organization's Deaf, Disabled and Elder Services, which provides comprehensive services to the selected population. Persons who are disabled are particularly vulnerable to abuse or assault and are victimized at least twice as often as those who are not disabled. In Los Angeles, more than 1.2 million individuals have been self-identified as having disabilities. Begun in 2002, Right Response aims at building capacity among victim-services and disabilities-services agencies and expanding options for treatment, prevention and healing. Project objectives highlight the issues and needs of the target population through outreach, training and education for law enforcement, battered women's shelters, rape crisis centers and disabilities agencies (independent living centers, services to blind, services to deaf, etc.). Collaboration and partnership are emphasized in planning and service provision. Impacts of the project include additional shelter options for battered women who are disabled or deaf, disabilities agencies that are better able to recognize the needs of their clients who are victims of violence, and more culturally and linguistically appropriate intervention and prevention options available women who are disabled, abused and/or assaulted.

Project/Program Title:

THE SISTA (Sisters Informing Sisters About Topics on AIDS) PROJECT

Organization Name:

AIDS Healthcare Foundation

Contact Person(s):

Deborah Wofford

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Abstract:

The SISTA (Sisters Informing Sisters About Topics on AIDS) Project is a peer-led social skills training intervention developed by Gina Wingood, SC.D, M.P.H. and Ralph J. Diclemente, Ph.D. The goal of the intervention is to increase condom use, communication skills and control over sexual situations. The target audience is heterosexual African American women, age 18-29. The training consists of five two-hour sessions. Each session has a specific topic, which generates group discussion, role-play activities, hands on exercises and homework assignments. Session I: *Ethnic/Gender Pride* emphasizes pride in oneself and womanhood. Session II: *HIV/AIDS Education* provides information, education and prevention on HIV/AIDS/STD's. Session III: *Assertive Skill Training* addresses partner pressure and unsafe sex practices. Women develop self-efficacy skills to initiate a safer sex discussion or decline unsafe sexual behaviors. Session IV: *Behavioral Self Management* demonstrates proper condom use through exercises that eroticize safer sex. Session V: *Coping Skills* further enhances communication and provides tools to deal with rejection and negative responses from partners by utilizing assertiveness principles (SISTAS Assertiveness Model). After the five primary SISTA sessions are completed, a booster session is conducted two months later. Participants evaluate their success, discuss concerns and receive support to effectively deal with problems. The last session is held four months after the intervention and culminates with a graduation ceremony.

Project/Program Title:

Soul Food For Your Baby

Organization Name:

Los Angeles County Department of Public Health, Maternal, Child and Adolescent Health Programs

Contact Person:

Elizabeth Gant

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Abstract:

The purpose of Soul Food for Your Baby is to increase breastfeeding initiation and duration rates among African American mothers ages 14-25 in South Los Angeles by expanding knowledge and strategy options to address cultural attitudes and barriers surrounding breastfeeding. Despite findings that indicate that breastfeeding increases bonding, immunity, and health care savings, benefits are enjoyed unevenly across racial lines. Nationwide, Blacks are 2.5 times less likely to breastfeed than Whites due to stigma, lack of social support, and beliefs of inconvenience, pain, and sexuality. Based on a modified version of the Theory of Reasoned Action, the project targets individual attitudes, subjective norms, social perceptions and mothers' experiences, which influence breastfeeding intention, initiation and maintenance. The project will target social norms through radio public service announcements, brochures and billboards of African Americans breastfeeding in a familial context. It will also feature home-based assistance, culturally based classes, and a breast pump loan program. Impact will be assessed by comparing breastfeeding rates of project participants to nonparticipants. Impacts of increased breastfeeding may include reduced medical costs and improved health, in terms of greater immunity and protection against certain chronic diseases and cancers. Mothers also become advocates, leading to greater acceptance of breastfeeding in the community. Some challenges expected include obtaining funding and affecting participant perceptions of inconvenience, inappropriateness, and embarrassment.

Project/Program Title:

Steering Clear of Diabetes Intergenerational Obesity and Diabetes Prevention Program

Organization Name:

Iris Cantor - UCLA Women's Health Education & Resource Center

Contact Person:

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Abstract:

Iris Cantor-UCLA Women's Health Education & Resource Center's *Steering Clear of Diabetes Intergenerational Obesity and Diabetes Prevention Program* is an educational program targeting young girls ages 10-14 and their mothers/adult female mentors. The program's objective is to teach lifestyle modification strategies that support obesity and diabetes prevention through wise nutrition choices and physical activity. *Steering Clear of Diabetes* is done in partnership with the Los Angeles Unified School District. The program has been designed and implemented for Latina and African American audiences, and adapted for Asian and Pacific Islander populations. The program has been designed as modular units, which can be implemented together or in separate combinations to fit the school/organization's needs, and funding and resources available. The pilot program implementation design included a kickoff event and follow-up workshops. Survey results demonstrated participants significantly increased their knowledge, were committed to implementing at least one lifestyle change, and were highly satisfied with the program from quality and teaching perspectives - participant quote: (Age 14) "It was cool! Dude! It rocks! Yeah!" The follow-up workshop results demonstrated the program's value in helping participants to successfully identify and implement strategies to prevent obesity/diabetes, and providing the structure for mothers and daughters to support each other's lifestyle changes: All participants agreed lifestyle change was easier because their daughter (for moms) or mother/adult (for girls) attended the *Steering Clear* program with them. A longer, more extensive version of the *Steering Clear* program, with evaluation, has been designed, with development and implementation awaiting funding.

Project/Program Title:

Support Every Woman to Have a Reproductive Life Plan

Organization:

LA Best Babies Network

Contact Person:

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Abstract:

The Los Angeles County Collaborative, comprised of LA County Maternal Child and Adolescent Health Programs, LA Best Babies Network, and the March of Dimes, is dedicated to addressing pre/interconception care. The Collaborative partners hosted the Perinatal Summit: "Healthy Births Through Healthy Communities Connecting Leadership to Achieve a Unified Commitment to Action" in October 2005. The Summit engaged communities and connected leadership to collectively develop recommendations for interventions aimed at improving pregnancy and birth outcomes. Since the Summit, partners have developed and implemented an action plan on the five perinatal policy recommendations from the Summit including the recommendation to "Support Every Woman to Have a Reproductive Life Plan". There has been significant activity at the national, state and local levels on this recommendation which focuses on pre/interconception care. LA has been selected by the CDC and CityMatCH as one of 3 national sites for a Preconception Health Urban Practice Collaborative. The partners are also involved at the state level with the Preconception Care Council an advisory group of DHS to promote and implement pre/interconception care practices and explore financing mechanisms. The March of Dimes has launched 4 preconception demonstration projects in the state, three in Los Angeles. Locally, the First 5 LA Healthy Births Initiative promotes pre/interconception care among providers and enhances the capacity of providers to serve high risk women between pregnancies. Partners have also engaged employers groups and begun dissemination of a Pregnancy and Family Friendly Workplace Policies Brief to promote healthy lifestyles for women in the workplace.

Project/Program Title:

WISEWOMAN (Well-Integrated Screening and Evaluation for Women Across the Nation) - Corazón de la Familia Program in Los Angeles

Organization Name:

ValleyCare, Mid-Valley Comprehensive Health Center, LA County Department of Health Services

Contact Person:

Carmen Monge

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Email: cmonge@ladhs.org

Abstract:

The WISEWOMAN program aims to reduce the risk of morbidity and mortality from heart disease in low-income, uninsured/underinsured Latinas by providing them with risk factor screening, health education and tailored lifestyle interventions that target blood pressure, cholesterol, nutrition, physical activity and smoking status. Women were randomized into either an enhanced intervention group (EIG) or a minimum intervention group (MIG). Both groups received baseline and 12 month risk factor screening, clinical measurements that included weight, blood pressure and cholesterol, and nutrition and physical activity assessments. EIG clients received additional measurements at designated intervals of 1, 2, and 6 months, as well as individual counseling on nutrition and physical activity. EIG participants also received incentive items to motivate them to make healthier lifestyle choices. Results from the program are not yet available; however positive changes were noted in the EIG participants. Some started exercising for the first time. Many verbalized an increased knowledge of heart disease risk factors and showed self motivation to improve their eating habits and incorporate physical activity in their daily lives. Challenges in program implementation included, addressing the basic needs of women, maintaining motivation for lifestyle change and frequent contacts to ensure women remained in the program. By assisting women in adopting healthier lifestyles, long lasting positive effects can be made on their health and the health of their families and communities.

Project/Program Title:

Women's Wellness Clinic

Organization Name:

Rancho Los Amigos National Rehabilitation Center

Contact Person:

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Abstract:

Rancho Los Amigos National Rehabilitation Center Women's Health Clinic was established to provide gynecological and obstetric care to women with disabilities in 2000. This program was needed in the community because there was a lack of available health services for disabled women. The Women's Health Clinic provides health care to women of all races and cultures who have physical disabilities. In the last 12 months 344 women with disabilities have been seen. As a result 53 women with abnormal pap smears were identified and treated in 2006. One barrier our clinic has encountered is finding providers who are able to perform mammograms on women who lack trunk support, as many of our patients are paralyzed from the chest down to their feet. The potential for duplicating services for target populations is great. A prospective provider must have a willingness to provide services and the equipment to assist women with disabilities. One lesson learned from our women's program is the validation of a great need for routine women's health care for the disabled, and that tracking and follow-up are vital since our patients do not always have adequate support in the community.

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- ◆ LA Best Babies Network ◆ Latino Coalition for a Healthy California ◆ LA County Commission for Women
- ◆ LA County Dept. of Public Health-Maternal, Child & Adolescent Health Programs ◆ Mary-Jane Wagle
- ◆ Planned Parenthood Los Angeles ◆ Women's Heart Institute, Cardiovascular Medical Group of Southern California



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For additional information about the Office of Women's Health,
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